

# DISPLAY SCREEN WORK

## Workstation

The room should be adequately ventilated with the temperature ranging between 20 to 24 °C.

The luminance in the room should be between 200 and 300 lux. Indirect lighting over the computer screen is preferable to direct ceiling light. Light sources should not be set directly in the field of vision. Windows are to be equipped with adjustable shades.

The workstation should be situated as far as possible from the windows : the distance between the window and the computer screen > 1.5 m and the workstation should be aligned perpendicular to them.

## Equipment

### Keyboard

The keyboard should be tilted at an angle between 0° and 20°. An angle that avoids having to extend the wrists is recommended. The distance between the edge of the table and the keyboard should be 10 cm.

### Computer screen

The screen should be stable, tiltable, and glare-free.

Its main features at this time are :

- its luminance ;
- non-reflectiveness when treated ;
- for active matrix TFT screens :
  - a minimum size of 17" ;
  - a minimum ratio of 350:1 ;
  - an angle of vision.
- for cathode-ray tubes :
  - a minimum size of 17" ;
  - a refresh rate of over 70 Hz.
- cathode-ray screens must be in compliance with strict regulations concerning ionizing radiation (dose rate of less than 1µSv/h) and non-ionizing radiation (infrared, radio frequencies...).

### Chair

It should be ergonomically adapted to the workstation and in compliance with NF EN 1335-1 standards.

- the seat should be between 38 and 44 cm deep ;
- its height should be adjustable ;
- the backrest, about 50 cm high, should adequately support the lower body and the lumbar region ;
- the backrest should be adjustable in angle and in height ;
- the seat should swivel easily, be supported by five legs, and be adjustable to bring the top of the screen to eye level.



## Work management

### Workstation

Ideal posture should have the following characteristics :

- feet are placed horizontally on the floor, or on a footrest ;
- the angle between the upper and lower arm is > 90° with the elbows close to the body ;
- the angle of the head with the body is somewhat less than 180° ;
- the average viewing distance is 50 to 70 cm.

The workstation surface area should be large enough and sufficiently well-equipped so as to avoid having the back, the head and the eyes move uncomfortably. The keyboard should be tiltable and independent from the display screen.

If **daily work** on a screen is > 4 hours, regular breaks away from the screen should be scheduled : 15 minutes every 2 hours or 5 minutes every 45 minutes.

These breaks can be used to do physical exercises that can stimulate blood flow prevent cramping. In all cases, such exercises should begin by viewing a point in infinite space that will let the eyes readjust to regular vision. A variety of activities should be done.